

**ABSTRACT OF THE DISCLOSURE**

A cooking utensil with a thermally sprayed coating and a method for coating a cooking utensil by thermal spraying, high-speed flame spraying, and plasma spraying are provided. The plastic spray particles, which provide non-sticking properties but char at high temperatures, and the oxide particles, which require heat and provide high scratch resistance, are applied separately at a distance from one another. The plastic particles are fed from a powder tube, which is placed closer to the work piece than the oxide particle supply site.